



100MeilenBerlin – der Mauerweglauf

Berlin / 16.08.2014

Detailed evaluation

Lang, Stefan

Club: LG MuLi

Number: 146

Course: 160.90 km

100MeilenBerlin

Category:

Senioren M50 (50-54 Jahre)

Total time: 18:27:21

Speed: 8.67 km/h

Running performance: 6:53 min/km

Rank in course/Total: 24 (of 246)

Rank in course/Men: 23 (of 211)

Best time in course: 13:06:52

Rank in category: 3(of 46)

Best time in the category: 16:59:41

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
VP1 - Mahnmahl P	9.02	57:32	6:22	9	16:29	48	16:36	9.02	57:32	6:22	9	16:29	48	16:36
VP2 - Schlesische	5.98	35:36	5:57	15	9:28	71	9:30	15.00	1:33:08	6:12	10	25:57	55	26:06
VP3 - Sonnenalle	6.00	35:17	5:52	9	6:56	49	9:39	21.00	2:08:25	6:06	10	32:53	54	35:45
VP4 - Stubenrauc	5.73	33:46	5:53	9	5:24	52	8:31	26.73	2:42:11	6:04	9	38:17	51	44:16
VP5 - U-Bahnhof	4.30	28:40	6:40	10	5:34	51	7:33	31.03	3:10:51	6:09	9	43:51	53	50:43
VP6 - Buckower I	5.40	34:27	6:22	6	4:55	43	9:04	36.43	3:45:18	6:11	9	48:46	53	59:46
VP7 - Kirchhainer	5.54	34:48	6:16	6	4:16	40	8:37	41.97	4:20:06	6:11	10	51:12	52	1:07:46
VP8 - Lichtenradi	4.42	26:20	5:57	5	2:25	31	6:07	46.39	4:46:26	6:10	9	50:14	46	1:13:53
VP9 - Osdorfer St	5.77	34:00	5:53	4	3:01	19	7:48	52.16	5:20:26	6:08	8	47:57	41	1:21:03
VP10 - Sportplatz	6.41	41:34	6:29	3	6:44	27	12:46	58.57	6:02:00	6:10	7	47:57	35	1:32:15
VP11 - Königsw	6.18	36:53	5:58	2	0:45	13	8:00	64.75	6:38:53	6:09	7	40:51	34	1:39:24
VP12 - Gedenkst	6.18	43:19	7:00	4	5:44	23	11:52	70.93	7:22:12	6:14	6	43:42	30	1:50:35
VP13 - Brauhaus	6.84	41:40	6:05	1	-	11	18:03	77.77	8:03:52	6:13	6	41:05	29	1:59:52
VP14 - Revierförs	6.06	40:03	6:36	2	2:42	19	10:39	83.83	8:43:55	6:14	4	43:47	26	2:10:31
VP15 - Schloß Sa	6.20	48:31	7:49	4	9:46	30	18:44	90.03	9:32:26	6:21	5	53:33	28	2:29:15
VP16 - Pagel & Fi	7.63	46:54	6:08	1	-	8	10:30	97.66	10:19:20	6:20	3	52:56	23	2:39:18
VP17 - Wilhelmst	4.84	36:47	7:35	8	5:42	42	11:40	102.50	10:56:07	6:24	3	58:38	23	2:50:58
VP18 - Falkensee	6.58	46:35	7:04	6	6:41	27	13:07	109.08	11:42:42	6:26	3	1:05:19	23	3:03:22
VP19 - Schönwal	5.70	41:45	7:19	4	4:59	30	12:56	114.78	12:24:27	6:29	3	1:10:18	23	3:16:18
VP20 - Grenzturn	7.53	50:04	6:38	2	0:48	15	15:28	122.31	13:14:31	6:29	3	1:11:06	22	3:27:36
VP21 - Ruderclub	4.78	44:20	9:16	7	6:24	38	20:59	127.09	13:58:51	6:36	3	1:17:15	22	3:48:35
VP22 - Frohnau (4.03	28:21	7:02	1	-	14	6:49	131.12	14:27:12	6:36	3	1:12:30	22	3:55:24
VP23 - Naturschu	6.78	51:43	7:37	2	0:44	25	17:57	137.90	15:18:55	6:39	3	1:13:14	22	4:13:21
VP24 - Oranienbu	4.75	42:12	8:53	7	5:23	41	16:20	142.65	16:01:07	6:44	3	1:11:41	23	4:29:07
VP25 - Lübars	5.69	44:52	7:53	3	2:36	28	15:32	148.34	16:45:59	6:46	3	1:11:46	23	4:44:39
VP26 - S-Bahnh	5.71	46:16	8:06	6	8:49	32	16:35	154.05	17:32:15	6:49	3	1:18:32	23	5:01:14
VP27 - Wollankst	3.09	20:08	6:30	9	5:09	45	7:47	157.14	17:52:23	6:49	3	1:21:05	23	5:07:37
Friedrich-Ludwig	3.76	34:58	9:17	13	9:38	66	14:21	160.90	18:27:21	6:52	3	1:27:40	23	5:20:29